

## **Summary**

**Title:** Monitoring and Analysis of Mistakes in Technique of Strengthening Exercises made by Clients of the Fitness Centre.

**Goals:** Finding of the level of technical performance of strengthening exercises done by non- professional clients of the fitness centre and finding of their attitude towards their own technique.

**Methods:** There were used observation and survey done by inquiry as the methods of collecting data, which were followed by interpretation on data by using statistical methods and kinematical analysis and comparison of these results. The results were interpreted verbally and with the help of graphs.

**Result:** Finding of high percentage of non- professional sportsmen, who considered their technique of exercises as the right one. However the monitored sample showed high percentage of wrong techniques.

**Key words:** technique of strengthening exercises, fitness, kinematical analysis, non-professional sport, bodybuilding